

HIDDEN VEGGIE TACO FILLING



INGREDIENTS:

- 1 lb ground turkey 93/7
- 1 bag (12 oz) frozen riced cauliflower
- 1 packet low sodium taco seasoning
- 1/2 cup water
- Optional: 1/2 cup diced white onions

DIRECTIONS:

1. In a medium skillet, brown turkey (and onions if using) until cooked through the drain. P
2. lace back in the skillet over low medium heat and add the bag of riced cauliflower, seasoning packet, and 1/4 cup of the water.
3. Stir until mixed through. If you need more water, you may add remaining 1/4 cup.
4. Turn heat down to low and cook for about 3-5 minutes or until all is heated thoroughly.

Enjoy!

Makes 6 servings

Calories: 146 | Protein: 15 gm | Carbs: 6 gm | Fat: 5.3 gm